

FABER Test

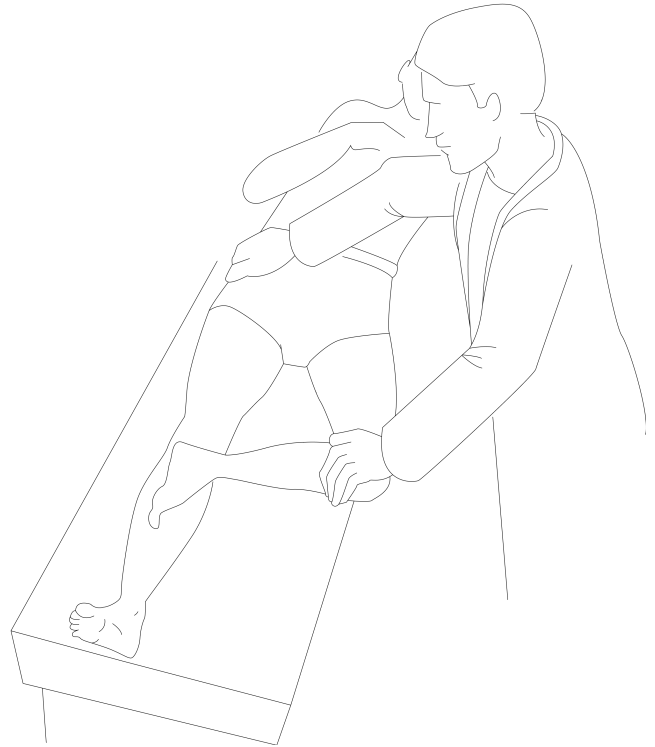
Patient's full name: _____ Date: _____

Examiner's full name: _____

What you need: an examination bed/table

Instructions

1. Have the patient lie down or be in a supine position.
2. Create a "figure-4" position with the patient's affected leg. Ensure that the ankle is placed on the opposite knee.
3. The hip is positioned in flexion, abduction, and external rotation (hence the name FABER). The examiner presses down on the bent leg's medial knee, directing the force backward towards the examining table. You may use one hand to do this while the other hand must be placed on the pelvis or opposite hip to prevent it from moving.



Test result

Positive: There is pain in the buttocks/groin.

Negative: There is no pain.

Whichever the result, please conduct other pain provocation tests for consistency and to narrow down the problem.

Notes